

Introduction

When you volunteered to become a paratrooper, you committed yourself to being one of America's finest soldiers; ready to go to war in 18 hours.



Being prepared to answer the nation's call requires you to constantly sharpen your soldier skills, be in the best physical condition, and mentally focused on the mission.

This Spiritual Fitness Guide, written by CH (CPT) Tim Rietkerk, 1-501 PIR, is designed to give you the spiritual foundation you need to answer the nation's call. For the next 12 days you will look at the life of Jesus Christ as recorded in the gospel of Mark.

The guide uses the familiar jump commands to start the day's devotion and continues with applying the message of Christ to your life.

May God bless you in your spiritual journey. I believe this devotional can help you along the way, and I pray that God's incredible grace will fill your life.